



Butter Cookie Crust

READY IN



45 min.

SERVINGS



8

CALORIES



243 kcal

CRUST

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2.5 cups cookie crumbs ()
- ☐ 0.3 cup powdered sugar

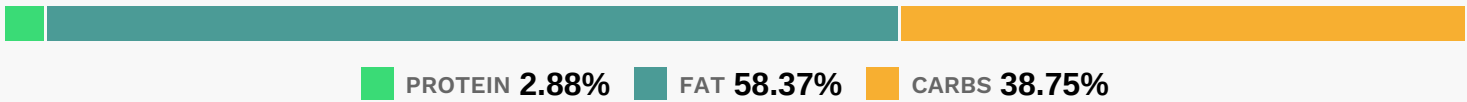
Equipment

- ☐ oven
- ☐ wire rack

Directions

- ☐
- Stir together all ingredients; firmly press crumb mixture on bottom, up sides, and onto lip of a lightly greased 9-inch pieplate.
- ☐
- Bake at 350 for 10 to 12 minutes or until lightly browned.
- ☐
- Remove to a wire rack, and cool crust 1 hour or until completely cool before filling.
- ☐
- Note: For testing purposes, we used Pepperidge Farm Chessmen Cookies for butter cookies.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:12.5, Inflammation Score:-2, Nutrition Score:2.9117391277914%

Nutrients (% of daily need)

Calories: 243.03kcal (12.15%), Fat: 15.86g (24.4%), Saturated Fat: 7.39g (46.21%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 23.28g (8.47%), Sugar: 10.42g (11.58%), Cholesterol: 20.34mg (6.78%), Sodium: 171.2mg (7.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Vitamin B1: 0.11mg (7.39%), Manganese: 0.13mg (6.7%), Vitamin E: 0.98mg (6.55%), Folate: 25.6µg (6.4%), Vitamin B2: 0.1mg (6%), Vitamin A: 263.24IU (5.26%), Iron: 0.94mg (5.2%), Vitamin B3: 1.03mg (5.14%), Vitamin K: 4.1µg (3.9%), Selenium: 2.05µg (2.94%), Phosphorus: 22.9mg (2.29%), Fiber: 0.41g (1.63%), Copper: 0.03mg (1.42%), Magnesium: 4.56mg (1.14%), Vitamin B6: 0.02mg (1.12%), Zinc: 0.16mg (1.08%), Vitamin B5: 0.1mg (1.05%)